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Knowledge, attitude and practise of oral contraceptive pills among postnatal mothers and their impact after educating them

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Abstract

Introduction: Unintended pregnancies are widespread and may be due to different reasons. In developing countries, every year 55 million unintended pregnancies occur in women not using contraceptive method, another 25 million occur as a result of incorrect or inconsistent use of contraceptive method. Failure to plan a pregnancy can adversely affect the health of mothers. In an effort to reduce maternal deaths in developing countries family planning can be an important step.

Contraception is deliberate use of artificial methods or other techniques to prevent pregnancy. Modern contraception began in 1937 when investigators demonstrated the use of progesterone to halt ovulation. The FDA approved the first oral contraceptive as first birth control pill in 1963. Oral contraceptives also known as 'the pill' are the most popular method of contraception in many parts of the world.

Objective

- To assess the knowledge, attitude and practise towards usage of oral contraceptive pills among postnatal mothers.
- To assess the impact after explaining about the use of oral contraceptive pills to postnatal mothers

Methods and Materials: This was a cross sectional study conducted among postnatal mothers admitted to obstetrics ward at RLJH during a period of 3 months. Study participants were randomly selected.

A detailed history was gathered regarding age, marital status, religion, place of residence, employment, education, socio-economic status, type of delivery, number of deliveries. Structured questionnaire included questions addressing knowledge. Knowledge was measured through direct questions inquiring whether participants know how OC pills manifest their action in the body, how to self-administer OC pills and how to maintain the efficacy of OC pills.

Attitude was assessed by asking the participants if they prefer to use OC pills and if they fear side effects.

Practices of previous and future use of family planning methods among postnatal women and their impact after educating them regarding oral contraceptive pill were also obtained. Privacy and confidentiality, respect of rights were strictly considered and consent taken during data collection.

Data will be collected and entered into the proforma. Data will be analysed for outcome. The results were presented in percentages, means, tables and charts.

Results: A total of 104 postpartum women were included in the study.

Knowledge of oral contraceptive pill-Majority thinks the basic conditions needed for human pregnancy were sperm, ovum and genital tract. Majority of postnatal women thought that contraceptive knowledge is necessary and both man and women are responsible for contraception. Majority of postnatal women does'nt know about the mechanism of action of OC pills. Majority of women have the knowledge that family planning is essential for the health of the mother.

Attitude towards OC pills-Majority have chosen OC pills for their effectiveness and safety. Majority of mothers believes there are side effects by using OC pills. Majority thinks that all syphilis, HIV and genital herpes are sexually transmitted diseases. From majority of postnatal women point of view AIDS is transmitted through blood transfusion and sexual transmission.

Practice of OC pills-Majority have used contraception during your first sexual behavior. More than half of the women have chosen OC pills as the contraceptive method. Half of the women uses almost always the contraceptive method.

Conclusion: The present study was aimed to assess the knowledge, attitude and practice of OC pills among postnatal women in RLJH and their impact after educating them. There is lack of adequate knowledge about oral contraceptive pills among postnatal women and need to educate them about OC pills.

Results from knowledge analysis, trend of attitude and practice of OC pills will help to find actionable and qualified information that can be utilized in future.

Keywords: OC PILLS, postnatal women, contraception

Introduction

Unintended pregnancies are widespread and may be due to different reasons ^[1]. In developing countries, every year 55 million unintended pregnancies occur in women not using contraceptive

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method, another 25 million occur as a result of incorrect or inconsistent use of contraceptive method. Failure to plan a pregnancy can adversely affect the health of mothers. In an effort to reduce maternal deaths in developing countries family planning can be an important step [2].

Contraception is deliberate use of artificial methods or other techniques to prevent pregnancy [3]. In ancient Greece and Rome, the juice of the siphium plant was a popular and effective form of oral contraceptive which women took once a month. In 2nd century mercury, arsenic and strychnine were used as oral contraceptives. Modern contraception began in 1937 when investigators demonstrated the use of progesterone to halt ovulation. The FDA approved the first oral contraceptive as first birth control pill in 1963. Oral contraceptives also known as 'the pill' are the most popular method of contraception in many parts of the world [4].

There are mainly two types of hormonal contraception, combined oral contraceptive pills(OC pills) and progesterone only pills. Combined OC pills comes in three formulations, that is monophasic, biphasic and triphasic pills. They contain both estrogen which blocks ovulation by suppressing FSH release and progesterone which provides ovulation prevention by suppressing LH [5].

There are different patterns used. The most common pattern is 28 day cycling which contains 21 active pills and 7 inactive pills for 28 days. These 7 days is called as pill free interval where withdrawal bleeding is expected. Ideally women should begin on the first day of menstrual cycle. For maximum efficacy pills should be taken each day at same time.

The choice of contraceptive method is influenced by the women, cultural, social and economic factors [6]. Increased education and awareness of women has the potential to positively effect the future of contraceptive uses.

Measuring the level of knowledge of contraception provides a useful measure of the success of information, education and communication activities and help to identify the areas that need to be strengthened. OC pills can be offered to non breastfeeding women at or after 2 weeks postpartum

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Attitude was assessed by asking the participants if they prefer to use OC pills and if they fear side effects.

Practices of previous and future use of family planning methods among postnatal women and their impact after educating them regarding oral contraceptive pill were also obtained. Privacy and confidentiality, respect of rights were strictly considered and consent taken during data collection.

Data will be collected and entered into the proforma. Data will be analysed for outcome. The results were presented in percentages, means, tables and charts.

Results

A total of 104 postpartum women were included in the study.

Table 1: Age group

	Frequency	Percent	Valid Percent	Cumulative Percent
21 and less than 21 years	16	15.4	15.4	15.4
More than 21 years	88	84.6	84.6	100.0
Total	104	100.0	100.0	

The participant's ages ranged from 18 to 34 years old.

Table 2: Gestational age

	Frequency	Percent	Valid Percent	Cumulative Percent
Term	47	45.2	45.2	45.2
Postdated	57	54.8	54.8	100.0
Total	104	100.0	100.0	

More than half of the study sample included postdated pregnancies.

Table 3: Religion

	Frequency	Percent	Valid Percent	Cumulative Percent
Hindu	87	83.7	83.7	83.7
Muslim	11	10.6	10.6	94.2
Christian	6	5.8	5.8	100.0
Total	104	100.0	100.0	

The majority of women were Hindus.

Table 4: Socio-economic status

	Frequency	Percent	Valid Percent	Cumulative Percent
Class2	90	86.5	86.5	86.5
Class3	14	13.5	13.5	100.0
Total	104	100.0	100.0	

Majority belongs to class II of socio-economic status.

Table 5: Parity

	Frequency	Percent	Valid Percent	Cumulative Percent
Primigravida	75	72.1	72.1	72.1
Multigravida	29	27.9	27.9	94.2
Total	104	100.0	100.0	100.0

Total 72.1% were primigravida whereas 27.9% were multipara.

Table 6: Type of delivery

	Frequency	Percent	Valid Percent	Cumulative Percent
Vaginal delivery	24	23.1	23.1	23.1
LSCS	80	76.9	76.9	100.0
Total	104	100.0	100.0	

The mode of delivery for majority of participants was underwent lower segment cesarean section.

Table 7: Knowledge of oral contraceptive pills- Basic conditions

	Frequency	Percent
4	104	100.0

Table 8: Majority thinks the basic conditions needed for human pregnancy were sperm, ovum and genital tract.

	Frequency	Percent	Valid Percent	Cumulative Percent
1	1	1.0	1.0	1.0
2	2	1.9	1.9	2.9
3	7	6.7	6.7	9.6
4	94	90.4	90.4	100.0
Total	104	100.0	100.0	

Majority of postnatal women thought that contraceptive knowledge is necessary and both man and women are responsible for contraception.

Table 9: Responsibility

	Frequency	Percent	Valid Percent	Cumulative Percent
2	104	100.0	100.0	100.0

Table 10: Mechanism of action

	Frequency	Percent	Valid Percent	Cumulative Percent
1	3	2.9	2.9	2.9
2	11	10.6	10.6	13.5
4	90	86.5	86.5	100.0
Total	104	100.0	100.0	

Table 11: Majority of postnatal women does't know about the mechanism of action of OC pills.

	Frequency	Percent	Valid Percent	Cumulative Percent
1	29	27.9	27.9	27.9
2	75	72.1	72.1	100
Total	104	100.0	100.0	

Majority of women have the knowledge that family planning is essential for the health of the mother.

Attitude towards OC pills-

Table 12: Priority

	Frequency	Percent	Valid Percent	Cumulative Percent
1	2	1.9	1.9	1.9
2	4	3.8	3.8	5.8
3	11	10.6	10.6	16.3
4	87	83.7	83.7	100.0
Total	104	100.0	100.0	

Majority have chosen OC pills for their effectiveness and safety.

Table 13: Side effects

	Frequency	Percent	Valid Percent	Cumulative Percent
1	7	6.7	6.7	6.7
2	13	12.5	12.5	19.2
3	2	1.9	1.9	21.2
4	82	78.8	78.8	100.0
Total	104	100.0	100.0	

Majority of mothers believes there are side effects by using OC pills.

Table 14: STD

	Frequency	Percent	Valid Percent	Cumulative Percent
1	2	1.9	1.9	1.9
2	8	7.7	7.7	9.6
3	8	7.7	7.7	17.3
4	86	82.7	82.7	100.0
Total	104	100.0	100.0	

Majority thinks that all syphilis, HIV and genital herpes are sexually transmitted diseases.

Table 15: AIDs

	Frequency	Percent	Valid Percent	Cumulative Percent
1	4	3.8	3.8	3.8
2	15	14.4	14.4	18.3
3	85	81.7	81.7	100.0
Total	104	100.0	100.0	

From majority of postnatal women point of view AIDS is transmitted through blood transfusion and sexual transmission.

Practice of OC pills-

Table 16: First sexual behavior

	Frequency	Percent	Valid Percent	Cumulative Percent
1	29	27.9	27.9	27.9
2	75	72.1	72.1	100.0
Total	104	100.0	100.0	

Majority have used contraception during your first sexual behavior.

Table 17: Contraceptive method

	Frequency	Percent	Valid Percent	Cumulative Percent
1	5	4.8	4.8	4.8
2	25	24.0	24.0	28.8
3	3	2.9	2.9	31.7
4	71	68.3	68.3	100.0
Total	104	100.0	100.0	

More than half of the women have chosen OC pills as the contraceptive method.

Table 18: Frequency

	Frequency	Percent	Valid Percent	Cumulative Percent
1	14	13.5	13.5	13.5
2	13	12.5	12.5	26.0
3	25	24.0	24.0	50.0
4	52	50.0	50.0	100.0
Total	104	100.0	100.0	

Half of the women uses almost always the contraceptive method.

Conclusion

The present study was aimed to assess the knowledge, attitude and practice of OC pills among postnatal women in RLJH and

their impact after educating them.

There is lack of adequate knowledge about oral contraceptive pills among postnatal women and need to educate them about OC pills.

Results from knowledge analysis, trend of attitude and practice of OC pills will help to find actionable and qualified information that can be utilized in future.

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